

HOLISTIC NURSE CERTIFICATION*

Nurses:

You deserve more...

You need to be acknowledged for what you already know...

Your patients look to you for advice and guidance...

Holistic Medicine is everywhere, stay ahead of the game, You and Your patients will benefit!!

This program is designed to provide the RN/LPN with a strong holistic foundation and value for integrative medicine. Many times patients come to the Nurse for advice in regards to their wellness and health program. In this program various theories/models of holistic care will be presented at a level that will give the participant a skill set to guide the client in the proper direction to wellness. Each course in this program is more than an overview of subject matter...each course provides the nurse with “usable holistic skills” to begin implementing immediately. Upon completion of this program, you will have an understanding and a set of skills to use to assist your patients on many new levels in the model of holistic medicine. **Prerequisite: Individuals attending this program must be a licensed / registered health professional.**

***Licensed / Registered health professionals may enroll in this program. A Certification in Holistic Health will be awarded upon successful completion of all courses.**

100 Contact (clock) hours

Courses required

- 1) Imagery for Health Care professionals (6 contact hours)
- 2) Holistic Nutrition (6 contact hours)
- 3) Vitamins and Supplements; Proper Usage (6 contact hours)
- 4) Neuro Linguistic Programming to Build Your Client Relationships (6 contact hours)
- 5) Neuro Linguistic Programming to Empower YOU (6 contact hours)
- 6) Search for Purpose (6 contact hours)
- 7) Herbal Medicine for Health (6 contact hours)
- 8) Aromatherapy Level I* (16 contact hours)
- 9) Holistic Nursing Assessment (6 contact hours)
- 10) Psychoimmunology and Mind-Body Healing (6 contact hours)
- 11) Time Management for Balancing Life and Business (3 contact hours)
- 12) Holistic Nurse Integration (7 contact hours)
- 13) Case Study Preparation - Holistic Care Plan (20* contact hours)

Tuition: \$10 per contact hour

*Life experience credit, exemption or proficiency exam available. Contact IHL for information.

**No tuition charge for these hours

HOLISTIC NURSE CERTIFICATION COURSE DESCRIPTIONS

Imagery for Health Care Professionals (6 contact hours) Fee: \$60

How many times have you been working with clients / patients and they began to experience an emotional release, tears, sadness, feeling less than? We in the holistic community understand that this release of emotion is a positive step toward health. Would you like to have a set of skills to help your client move through this emotional release with deeper understanding? Would you like to provide your client a tool for self-empowerment in regards to their health? Interactive Imagery will provide you with this and more. This course is vital for all health professionals, body workers, and other holistic professionals.

- Learn skills to help the client/patient move through an emotional release feeling safe and supported
- Create language patterns that empower the client to make the right health decisions for them
- Become a successful "health coach" for your client/patient
- Empower your clients to take charge of their health

Holistic Nutrition (6 contact hours) Fee: \$60

Certified Organic vs. Organic vs. natural? What foods are high in lycopene's and what is a lycopene and why are they good for me? A hydrogenated what? What is the difference between a macrobiotic, or blood type, or low carbohydrate or vegan diet? Whole foods?...Aren't all foods whole? What is the basis of food combining? These are questions your patients/clients are asking today. Do you have the answers? This course gives you a strong basis for providing solid answers to these questions.

- Learn the importance of teaching clients to read labels in today's world of chemicals
- Be able to teach patients/clients how to easily prepare basic whole foods
- Help your clients/patients know what questions to ask their physicians in regards to food intake
- Increase your understanding of food as a healing tool

Vitamins and Supplements; Proper Usage (6 contact hours) Fee: \$60

As a health care professional, are you aware of what to warn your patients/clients of in regards to taking too much of a good thing in regards to vitamins and supplements. Do you know which Vitamin E is the best and why? Do you know what supplements have been proven helpful for the prevention and reversal of cardiac disease and some cancers? When a patient/client comes to you to ask "Where do I start?" in regards to taking vitamins and supplements, what do you say? With this course, you can assist your clients in obtaining the answers they need.

- Learn how to educate your client in regards to vitamins and supplements
- Be able to discuss with patient why all vitamins are not the same
- Develop a solid foundation from which to answer your patients questions in regards to vitamins
- Understand why vitamins and supplements are necessary today

Neuro Linguistic Programming to Build Your Client Relationships (6 contact hours) Fee: \$60

Neuro Linguistic Programming (NLP) is the study of how humans operate and respond to language and behavior. With NLP you can immediately create excellent rapport with your potential customer and create a win-win situation for your business and personal relationships. With these skills you will move quickly ahead of the pack. **Prerequisites: None**

- Quickly learn to communicate with your client in a way that is meaningful for them
- Enhance the power of selling and negotiation
- Increase customer satisfaction and repeat business
- Become the **ONE TO CONSULT**, rather than just a salesperson

Neuro Linguistic Programming to Empower You (6 contact hours) Fee: \$60

This NLP course allow you to learn skills that give you the awareness of the excellence you have inside. You will learn "how you operate" and have the opportunity to decide if that strategy is the best for you. Techniques to make powerful changes to move you to new levels of success and happiness will be presented. **Prerequisites: NLP client relationships**

- Learn personal development tools – not just theories
- You will break through limitations
- Develop personal strategies for success – personal and professional

Search for Purpose (6 contact hours) Fee: \$60

Living on Purpose....When you are aware of your Purpose and understand how it is fulfilled by your career, things just seem to fall into place. When certain challenges arise, your commitment to your personal purpose is the driving force to guide you through the difficult times. Working ON PURPOSE...creates the career fulfillment that you most desire. **Prerequisites: None**

- Imagery techniques will be used to assist you in finding and living your true purpose
- Learn how to apply your purpose learning to your career
- Create fulfilling situation in all areas of your life

Herbal Medicine for Health (6 contact hours) Fee: \$60

The use of herbs as medicine is becoming mainstream. Unfortunately many of our patients/clients will be getting their information from the latest tabloid at the grocery check out counter. At times the combination of herbs and medications or medical treatments can cause problems. Current research now supports that herbs can be very healing for the body and a natural approach to health and wellness. This course will allow you to help educate your patients/clients on the safe use of herbs for health and healing.

- Learn how to use herbs, for example, as a tincture, or a tea, or a capsule
- Be able to educate the client on possible problems when certain herbs and medications are combined
- Build your understanding of the use of herbs for health and wellness
- Be able to explain why all sources of herbs are not equal

Aromatherapy Level 1 (16 hours) Fee: \$160

Have you ever heard that Lavender can help you relax? Did you know that Lemon can greatly enhance concentration? Are you aware that many essential oils can take place of the synthetic chemicals you use for first aid? Aromatherapy Level 1 will provide you with a foundation for the safe use of essential oils for your self, family friends and your clients. **Prerequisites: None**

- Learn how to assure you are getting a pure essential oil
- Be able to discuss the history of aromatherapy
- Learn the safety issues of essential oils in regards to children, pregnant women, elderly adults, pets and individuals who are seriously ill
- Begin to create your own essential oil set for health and wellness

Client Assessment from a Holistic Model (6 contact hours) Fee: \$60

Many times we, as health care professional, are taught to look at a person as a set of systems that function independently. This course will give you guidelines to perform as assessment, which views the client as a whole person. Not only does this include understanding how all the body systems are connected, but how the mind emotion and spirit aspects of the client will also be addressed. A model of interviewing from a holistic viewpoint will be presented also

- Effectively interview your client/patient from a holistic perspective
- Understand a variety of points from which to assess the client
- Learn to empower your client during an assessment
- Understand how to educate your client for better compliance and healing

Psychoimmunology and Mind-Body Healing (6 contact hours) Fee: \$60

A variety of holistic techniques are applicable in health and healing to enhance the communication between the mind and the body. Research has proven the value to health when the mind and the body are in alignment. This course will provide you with tools to help in many areas of healing: pain management, immune system enhancement, health and wellness imageries, etc.

- Understand the research based evidence supporting mind body medicine
- Perform various mind body techniques to assist client in the healing process
- Learn to teach mind body techniques to reduce dependence on health professional and empower client

Time Management for Balancing Life and Business (3 contact hours) Fee: \$30

You can have it ALL!! Succeed in business and your personal life by managing your time effectively. This course will offer you a comparison of various time management strategies for you to begin to use immediately. **Prerequisites: None**

- Identify goals and learn to prioritize for success
- Create a time management tool kit – choose from the techniques you have learned in this course
- Balancing Family, Personal Time and Business Time to create True SUCCESS!

Holistic Nurse Integration (7 contact hours) Fee: \$70

*This course is open to all licensed health professionals. Participant must complete all courses in Holistic Nurse Certification. This course will include case study presentations by participants with peer review. In addition, client assessment and care plan will be developed during this course presentation. Due to the nature of this curriculum, number of participants is limited.

- View your clients as "whole" beings rather than "disease"
- Learn to prepare a holistic care plan for clients from an integrative model
- Be able to discuss holistic care model with other health professionals
- Understand how holistic and modern medicine can compliment one another
- Be able to guide your patient/client to choose what is best for their model of healthcare

Case Study Preparation – Holistic Care Plans (20* contact hours) Fee: None

Participants will develop care plans for clients / patients from a holistic, integrative view point. Prepared care plans will include assessment and aspects for educating client / patient toward a more whole model of wellness. IHL will provide the instructions for proper completion of this project. Contact IHL offices prior to starting your care plans. ***There is no tuition charge for this course for those enrolled in the Holistic Nurse Certification. Participants must have completed all courses with the exception of holistic nurse integration.**

- Present a view of clients / patients as a whole person
- Learn ways to help client / patient integrate holistic and modern medicine
- Be able to help client present his/her health goals to his/her physician
- Be a true advocate for your patient / client